

ABSTRACT

The present invention provides a composition that can effectively improve peripheral blood flow to thereby ameliorate cold sensation, numbness, pains and other skin symptoms, as well as frostbites, chilblains and chaps and other skin disorders associated with disturbed peripheral blood flow. This composition has no side effects. Specifically, the peripheral blood flow-improving composition contains, as an active ingredient, a extract of a plant of the genus *Lepidium* of the family *Cruciferae*. More specifically, the composition contains as an active ingredient a extract of maca plant (*Lepidium meyenii* Walp). Food and beverage products, perfumes and cosmetics, and pharmaceutical products containing the peripheral blood flow-improving composition are also provided.